



IN THE CLAIMS:

1. **(Currently amended)** An apparatus for increasing blood flow to the skin of a person ~~using the apparatus for~~ regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person, the apparatus comprising a work-out device to be actuated with the person's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the ~~person in the area of the~~ person's waist area, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, ~~and wherein within said housing, a support means is arranged in~~ the housing to take the body weight off the legs of the person.

2. **(Previously presented)** An apparatus according to claim 1, wherein the support means is a seat.

3. **(Original)** An apparatus according to claim 1, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput through the housing.

4. **(Original)** An apparatus according to claim 1, wherein the pressure reduction is performed by a differential pressure of 0.02 to 0.2 bar.

5. **(Original)** An apparatus according to claim 1, wherein the pressure reduction is performed by a differential pressure of 0.05 bar to 0.15 bar.

6-8. (Canceled)

9. (Previously presented) An apparatus according to claim 2, wherein the seat is adjustable in height.

10-31. (Canceled)

32. (Currently amended) Apparatus for increasing blood flow to the skin of a person ~~using the apparatus for~~ regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person, the apparatus comprising:

means for doing physical exercise, said means being actuated by the person's legs;

means for generating a pressure different from the ambient pressure;

means for containing the pressure generated by said means for generating a pressure, said means for containing the pressure being arranged such that it houses the means for doing physical exercise and that it sealingly surrounds lower parts of said person's body;

wherein said apparatus further comprises

means for supporting the body weight of said person, said means for supporting the body weight of said person being arranged such that the legs are not exposed to the body weight during use of said means for doing physical exercise.

33. (Currently amended) A method for increasing blood flow to the skin of a person and ~~for~~ regeneration of skin and digestion of adipose

cells without causing an increase of gravity effects on the person,
comprising the following steps:

placing the lower part of said person on a support means in a pressure chamber, said pressure chamber being equipped with a work-out means;

closing seals around the body of said person to contain the pressure in said pressure chamber;

having said person to start using the work-out means against a resistance generated by the work-out means;

wherein said method comprises the further steps of

first stimulating the circulatory system of said person by using the workout device under ambient conditions,

then generating a pressure below atmospheric after said person has been using the work-out means for a specific amount of time.

34-39. **(Canceled)**

40. **(Previously presented)** An apparatus for increasing blood flow to a person's skin, for regeneration of skin and digestion of adipose cells without causing an increase in gravity effects on the person, comprising a work-out device to be actuated with the person's legs; an air-tight housing enclosing the work-out device, said housing comprising an opening which is formed for tight enclosure of the person in a waist area; a device for producing a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase; and a

support means within said housing for removing body weight from the legs of the person while actuating the work-out device, said support means being a seat.

41. **(Canceled)**

42. **(New)** An apparatus for increasing blood flow to the skin of a user for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the user's waist area, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing, a support means is arranged to take the body weight off the user's legs, and wherein a permanent interval switching between low pressure and increased pressure takes place in said housing if a low pressure of 0.02 to 0.05 bar is reached.

43. **(New)** An apparatus according to claim 42, wherein the support means is a seat.

44. **(New)** An apparatus according to claim 42, wherein the seat is adjustable in height.

45. **(New)** An apparatus according to claim 42, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput through the housing.

46. **(New)** An apparatus for increasing blood flow to the skin of a user for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with a user's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the user's waist area, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing a support means is arranged to take the body weight off the user's legs, and wherein the apparatus is adapted to perform a permanent change between low pressure and increased pressure within a period of 10 to 90 seconds.

47. **(New)** An apparatus according to claim 46, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput through the housing.

48. **(New)** An apparatus according to claim 46, wherein the pressure reduction is performed by a differential pressure of 0.02 to 0.05 bar.

49. **(New)** An apparatus for increasing blood flow to the skin of a user for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the user's waist area, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing a support means is arranged to take the body weight off the user's legs, wherein said work-out device is adapted to generate a treading resistance, wherein an interval switching between low pressure and increased pressure takes place and wherein said treading resistance is coupled to the internal switching such that the treading resistance increases while said low pressure acts on said user.

50. **(New)** An apparatus according to claim 49, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput through the housing.

51. **(New)** An apparatus according to claim 49, wherein the pressure reduction is performed by a differential pressure of 0.02 to 0.05 bar.

52. **(New)** An apparatus for increasing blood flow to the skin of a user for regeneration of skin and digestion of adipose cells without

causing an increase of gravity effects on the user, the apparatus comprising a work-out device to be actuated with the user's legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the user's waist area, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing a support means is arranged to take the body weight off the user's legs, and wherein a permanent interval switching between low pressure and increased pressure takes place in said housing within a period of 10 to 90 seconds if a low pressure of 0.02 to 0.05 bar is reached, wherein said work-out device is adapted to generate a treading resistance, said treading resistance being coupled to the internal switching such that the treading resistance increases while said low pressure acts on said user.